

# WellCast

## How to

# APOLOGIZE



DATE \_\_\_\_\_

Feeling bad? Follow these four steps to say those big words: "I'm Sorry."

### 1 Assess the **SITUATION**

Write down the whole story of what happened.

### 2 Write out your Gameplan

Now, script out what you're going to say when you apologize.

### 3 Conversation

Once you said your part, allow the other party to express their feelings.

### 4 Try to make **AMENDS**

And last, write down several ways that you'll change your actions for the better!